

Specific approach to the clients within psychotherapeutic relationship built by the body-oriented psychotherapists as one of the main aspect of their work

Abstract

For the time being, body-oriented psychotherapy is not commonly used in the Czech Republic. Moreover, specialized literature provides mainly information about individual branches, where psychotherapy works with the body, but a complex picture is lacking. Therefore, the master thesis tries to address body-oriented psychotherapy comprehensively. Its theoretical part defines general aspects of and introduces practices used in this branch, presents its ethical principles and names several studies, which were carried out in this field. Individual therapeutical approaches are described in the conclusion.

The empirical part is based on research, which maps the means of body-oriented psychotherapists. Through interviews with five psychotherapists and analysis of the interviews, where grounded theory is applied, we discover that the key aspect used in the work is a specific approach towards the clients, which is decisive for the existence of a psychotherapeutical relationship between them and the client. Body-oriented psychotherapists consider such relationship as one of the key factors of efficient therapy. The psychotherapist emphasises the client's needs, on the basis of which individual intervention is applied in the psychotherapy process, believes in the inner resources of the client, their curing potential and helps the client in discovering them. The psychotherapist makes effort to remain in present contact with the client and him/herself, provides the client with sufficient time and space, applies an approach respecting and not judging the client and focuses on the safety of all participants in the psychotherapeutical process. On the basis of results from the analysis, another topic addressing the psychotherapeutic relationship, aspects which influence it and its meaning for efficient therapy, was added to the theoretical part of the thesis. This is then confronted with the study results in the discussion.